



“The training was inspirational and I learned way more than I imagined I would. It changed my life in many ways and now I have more tools to help change the lives of others. I am thankful for the new friends and connections I made at the training. This is the best training I have ever been to and I feel even more passionate than ever before”

- 2014 training participant



Nebraska Peer Support and Wellness Specialist Skills Training

Nebraska Office of Consumer Affairs





History of Training

The Certified Peer Support and Wellness Specialist Training grew out of a Transformation Transfer Initiative (TTI) Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) in 2009. This grant allowed the purchase of the training from Focus on Recovery United, which included Heather McDonald of FOR-U, Chyrell Bellamy of Yale University, and Shery Mead and Chris Hansen of Shery Mead Consulting. A curriculum for the State of Nebraska's Office of Consumer Affairs (OCA) was purchased that focuses on trauma-informed Intentional Peer Support.

What is a Peer Support & Wellness Specialist ?

The peer support workforce works from the perspective of their lived experience with mental health and/or substance use challenges, trauma, and their own personal recovery and wellness journeys to assist in educating others about the reality of success, hopes, and dreams to move towards the multiple pathways of recovery!

Who Should Take the Training ?

The training is for individuals with experience with any lived behavioral health condition and/or trauma. The training is a great opportunity for those who are working/volunteering in the behavioral health field serving military, veterans, individuals, families, and/or children/youth who have been impacted by a behavioral health condition and/or trauma.

Our Training..

- Gives you tools to deliver peer support. Peer support is a SAMHSA Evidence Based Practice.
- Is recovery oriented, trauma informed, and person/family centered
- Addresses systematic trauma
- Insists on mutually responsible relationships
- Emphasizes self care, boundaries, and ethics
- Addresses how to use crisis as a learning opportunity and teaches you how to negotiate reality
- Is culturally competent and strengths-based
- Provides you with a 40 hour certificate of attendance which makes you eligible to take the exam for certification to become a Certified Peer Support and Wellness Specialist through DHHS DBH-OCA

This 40-hour training is an excellent opportunity to enhance your skills and get plugged in with the network of peers that are dedicated to moving peer support to the next level as a profession in Nebraska. Trainings are delivered over five days (consecutive or non consecutive) from 8:00 am to 5:00 pm.

Who We Are

Training is facilitated by the Nebraska OCA Facilitators Circle. Our facilitators have a wide range of lived experience and expertise. Our facilitators are heavily involved in the consumer and family movement and are passionate about helping others live better lives. Other than “full of passion”, our facilitators are described as genuine, funny, energizing, and knowledgeable.

“They are just like me, they are me”,

-2014 class participant

90% or more of participants stated

- I feel like I can make a difference for myself and others with the skills gained through the training.
- Since the training, I have a better understanding of what it means to be trauma informed.
- I am confident that I will be able to apply the skills learned in the training.
- The training provided me with tools I can use when serving others as a peer specialist.
- Overall, I am satisfied with the impact the training has had on me.



Peer Support allows us to learn and grow together

Contact Us

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